AMENDMENTS TO THE CLAIMS

This listing of claims replaces all prior versions, and listings, of claims in the application:

- 1-24. (canceled)
- 25. (new) A method of injecting medication into a cavity through a hard tissue having a thickness, comprising:
 - providing a shaft having (a) a proximal end with a first opening, (b) a distal end with a second opening and a beveled cutting surface, (c) a lumen that extends between the first and second openings, and (d) an open notch disposed in the shaft, and having a length greater than a diameter of the lumen, and (e) an overall length from a distal tip of the cutting surface to a proximal end of the open notch that is greater than the thickness of the hard tissue;
 - using the cutting surface to drill a hole through the hard tissue, such that drilling debris enters the first opening; and
 - injecting a medicament into the cavity through the shaft.
- 26. (new) The method of claim 25, wherein the notch is contiguous with the second opening.
- 27. (new) The method of claim 25, wherein the overall length is about 0.10 to 0.125 inches.
- 28. (new) The method of claim 25, wherein the notch is axially extended from the second opening.
- 29. (new) The method of claim 25, wherein the shaft is substantially smooth.
- 30. (new) A method of injecting a substance into a bone, comprising: using a drill bit according to claim 25 to drill a hole in the bone; and injecting the substance into the proximal opening.
- 31. (new) The method of claim 30, comprising using a hypodermic needle to inject the substance.
- 32. (new) The method of claim 30, wherein the substance comprises a medication.

- 33. (new) The method of claim 25, wherein the shaft is disposed in an elongated hub.
- 34. (new) The drill bill of claim 33, wherein the lumen is extended from proximal and distal ends of the hub.